

20. OBESITY

Measure Definition: *“About how much do you weigh without shoes? About how tall are you without shoes?” [BMI \geq 30 calculated from reported height and weight]*

Why is obesity important to public health?

Maintenance of a healthy weight is a major goal in the effort to reduce the burden of illness and its consequent reduction in quality of life and life expectancy. The relationship of body mass index (BMI, weight (kg)/height (m²)) to health outcomes generally supports that a BMI of less than 25 is the upper limit of the healthy weight range.^{43,44} Obese (BMI \geq 30) individuals are at increased risk for diabetes, hypertension, stroke, heart disease, arthritis, asthma, and some cancers. Nationally an estimated 300,000 deaths per year may be attributable to obesity, and individuals who are obese have a 50% to 100% increased risk of premature death from all causes compared to individuals with a healthy weight.¹⁸

Risk factors for obesity

Obesity is caused by an energy imbalance due to consumption of too many calories and/or expenditure of too few calories. Factors that may contribute include inherited, metabolic, behavioral, environmental, cultural, and socioeconomic components. Changes to potentially modifiable factors, which include all of the above except the inherited component, may result in changed BMI as a consequence of changes in energy balance.

Overweight adolescents have a 70% chance of becoming overweight or obese adults.¹⁸ This rate increases to 80% if one or more parents are overweight or obese.¹⁸ The risk of being an obese adult is 1.3 times higher for those who were overweight at one or two years of age compared with those who were not overweight at that age.⁴⁵ The risk for being an obese adult is 17.5 times higher for those who are overweight at 15 to 17 years of age.⁴⁵

Obesity in Utah

On average, during the years 2001–2005, about one in five Utah adults were obese (19.9%, or 329,005 Utah adults). Prevalence was higher in Utah adult males than in Utah adult females. The combined rate has increased steadily from 10.4% in 1989 to 22.1% in 2005, an increase of 112%.

These trends are similar to those observed nationally. In the U.S., the mean obesity rate has increased from 11.3% in 1989 to 24.4% in 2005, an increase of 116%.

After adjusting for age, Tooele County and TriCounty health districts had a higher prevalence of obesity (25.8% and 25.1% respectively), while Summit County had a lower prevalence of obesity (10.7%) when compared to the state rate. There were also several small areas with higher and lower prevalence rates of obesity relative to the state rate. Those with higher rates included American Fork/Alpine (27.3%), Rose Park (30.4%), Sandy Center (27.1%), and West Jordan North (30.5%). Those with lower rates included Avenues (8.7%), Cottonwood (11.8%), Downtown Salt Lake (13.3%), and Holladay (11.7%).

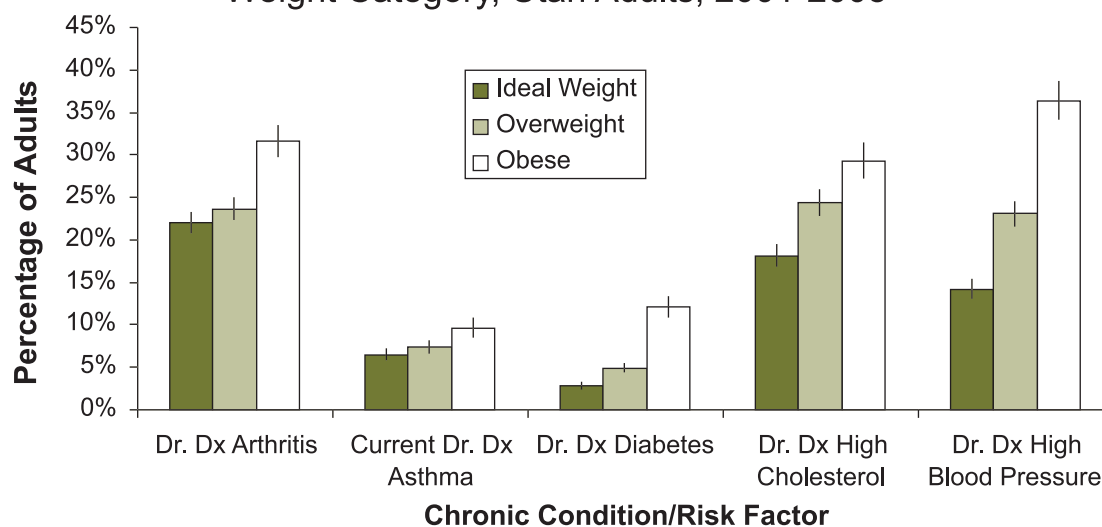
Utah Objective: Same as HP2010 objective.

HP2010 Objective 19-2 (related): Reduce the proportion of adults aged 20 years and older who are obese to 15% (age-adjusted to the U.S. 2000 standard population).

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Obesity in Utah (continued)

Figure 20.A: Chronic Conditions or Risk Factors by Weight Category, Utah Adults, 2001-2005

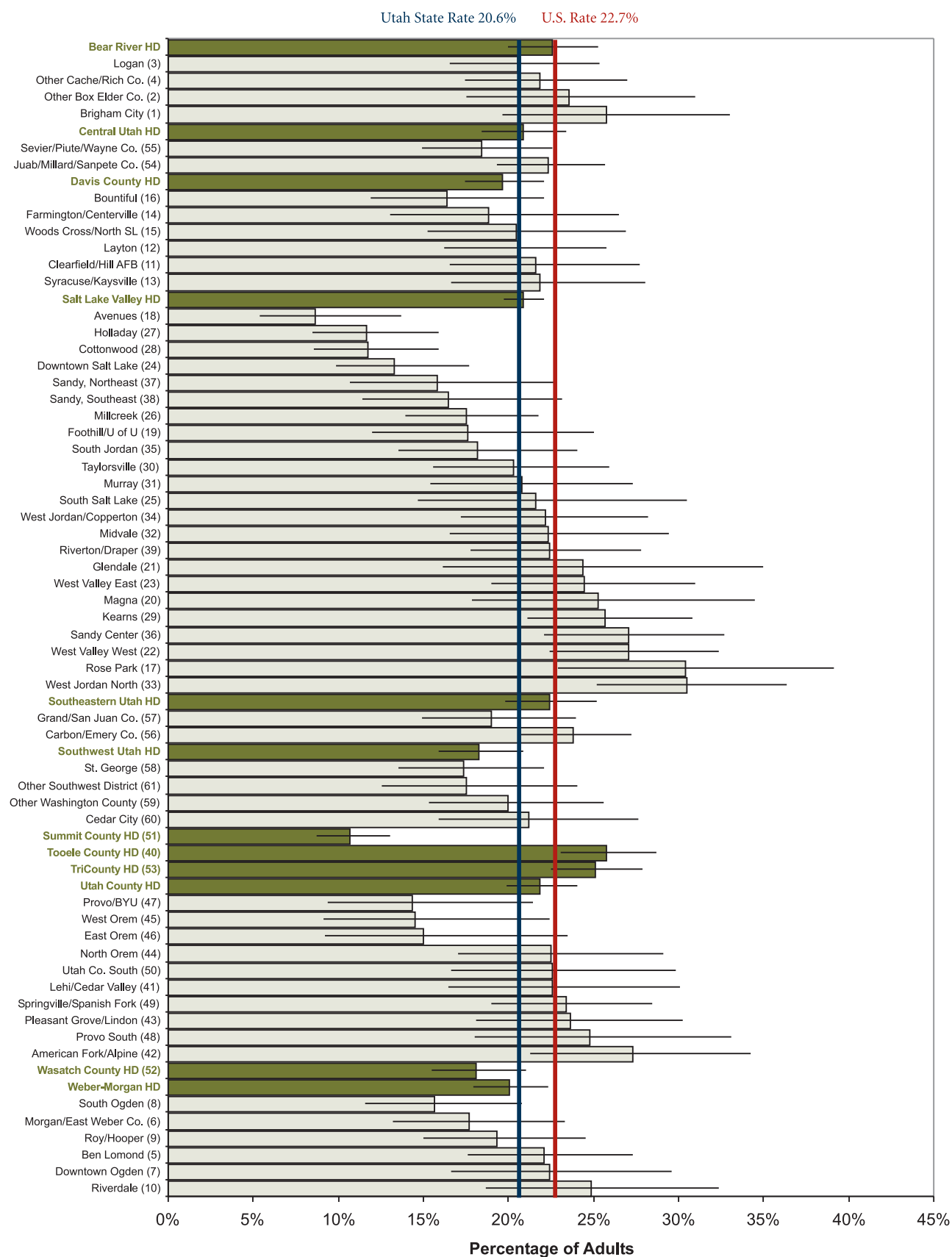


Prevention/Resources

The Utah Department of Health (UDOH) Obesity website (<http://health.utah.gov/obesity/>) has comprehensive information, including *Tipping the Scales Toward a Healthier Population: A Report on Overweight and Obesity in Utah* (the Report), and *Tipping the Scales Toward a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth and Adults* (the Blueprint). In the Report you will find comprehensive data on obesity prevalence, risk, co-existing conditions, and successes to manage a healthy weight. In the Blueprint you will find Utah's objectives and strategies to impact overweight and obesity in seven critical settings: families, schools, communities, work sites, health care, media, and government. Also on this website you will find current overweight and obesity information and resources on the breaking news page. Other resources include the UDOH Gold Medal Mile program (<http://utahwalks.org/gmm/index.php>) and the UDOH Gold Medal Schools program (<http://www.hearthighway.org/gms/>)

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Figure 20.1: Percentage of Adults Who Were Obese by Local Health District and Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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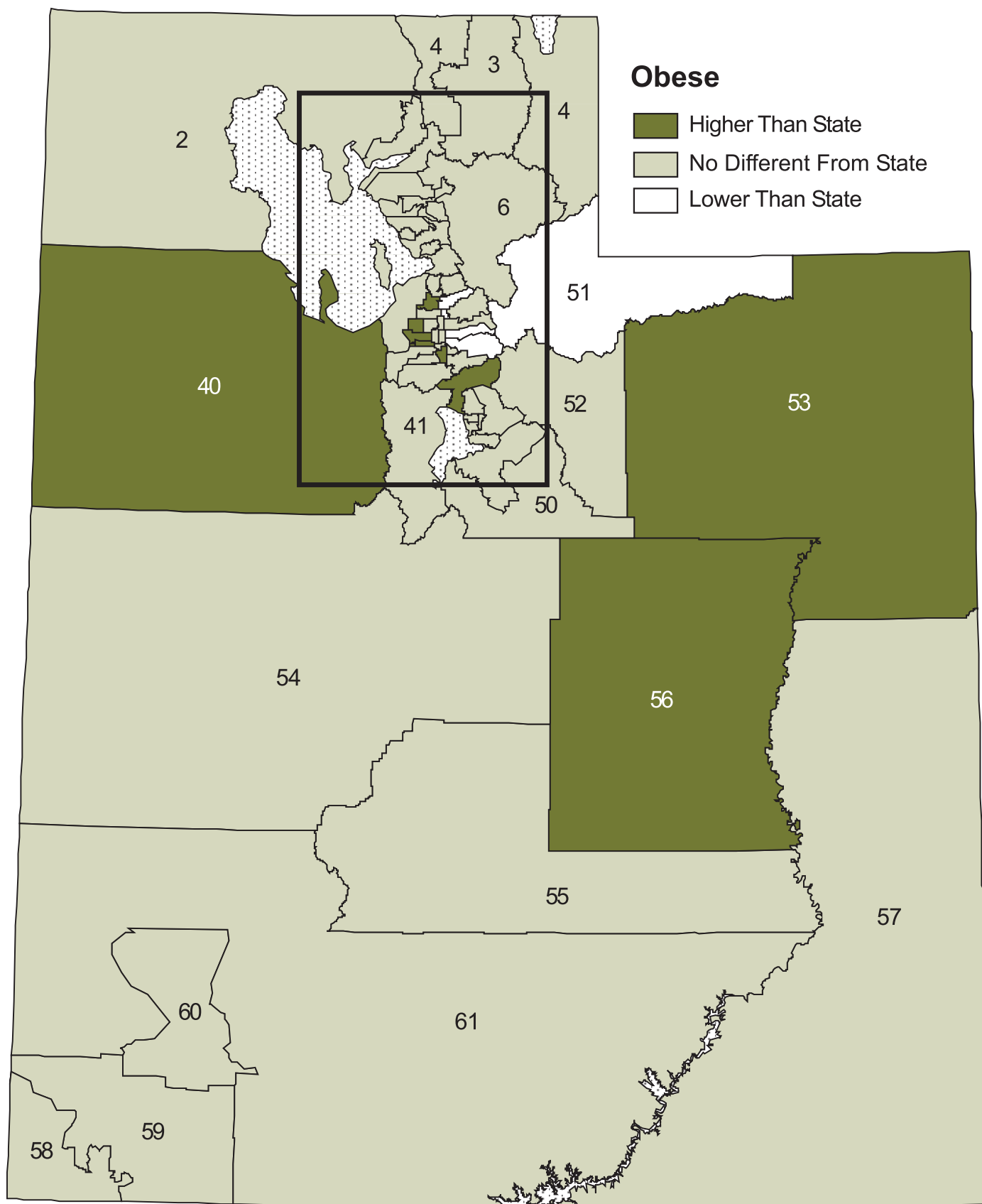
Table 20: Obese by Health District, Small Area, Utah, and U.S., 2001-2005

| State Rank* | State, Health District, or Small Area | 2003 Population 18+ | Number of Adults Who Were Obese | Crude Rate | Age-adjusted Rate | 95% Confidence Interval | |
|-------------|---------------------------------------|---------------------|---------------------------------|------------|-------------------|-------------------------|-------|
| | | | | | | Lower | Upper |
| | U.S. | 217,803,051 | 49,789,777 | 22.9% | 22.7% | 22.6% | 22.9% |
| | State of Utah | 1,657,454 | 329,005 | 19.9% | 20.6% | 19.9% | 21.3% |
| | Bear River HD | 98,027 | 20,213 | 20.6% | 22.5% | 20.0% | 25.3% |
| 55 | Brigham City (1) | 14,566 | 3,905 | 26.8% | 25.8% | 19.7% | 33.0% |
| 28 | Logan (3) | 45,904 | 7,478 | 16.3% | 20.6% | 16.5% | 25.3% |
| 45 | Other Box Elder Co. (2) | 14,636 | 3,391 | 23.2% | 23.6% | 17.5% | 31.0% |
| 34 | Other Cache/Rich Co. (4) | 22,921 | 5,038 | 22.0% | 21.8% | 17.4% | 27.0% |
| | Central Utah HD | 47,558 | 9,626 | 20.2% | 20.8% | 18.5% | 23.4% |
| 38 | Juab/Millard/Sanpete Co. (54) | 31,637 | 6,815 | 21.5% | 22.3% | 19.3% | 25.7% |
| 20 | Sevier/Piute/Wayne Co. (55) | 15,921 | 2,855 | 17.9% | 18.4% | 14.9% | 22.6% |
| | Davis County HD | 175,027 | 32,520 | 18.6% | 19.6% | 17.4% | 22.1% |
| 11 | Bountiful (16) | 33,318 | 5,454 | 16.4% | 16.4% | 11.9% | 22.1% |
| 32 | Clearfield/Hill AFB (11) | 37,329 | 7,779 | 20.8% | 21.6% | 16.6% | 27.7% |
| 21 | Farmington/Centerville (14) | 19,034 | 3,736 | 19.6% | 18.9% | 13.0% | 26.5% |
| 27 | Layton (12) | 46,815 | 8,272 | 17.7% | 20.6% | 16.2% | 25.8% |
| 33 | Syracuse/Kaysville (13) | 24,542 | 5,038 | 20.5% | 21.8% | 16.7% | 28.0% |
| 26 | Woods Cross/North SL (15) | 13,989 | 2,186 | 15.6% | 20.4% | 15.2% | 26.9% |
| | Salt Lake Valley HD | 658,810 | 134,331 | 20.4% | 20.9% | 19.8% | 22.1% |
| 1 | Avenues (18) | 18,959 | 1,653 | 8.7% | 8.7% | 5.4% | 13.7% |
| 4 | Cottonwood (28) | 33,297 | 4,002 | 12.0% | 11.8% | 8.6% | 15.9% |
| 5 | Downtown Salt Lake (24) | 42,808 | 5,415 | 12.7% | 13.3% | 9.9% | 17.7% |
| 16 | Foothill/U of U (19) | 17,778 | 3,013 | 17.0% | 17.6% | 12.0% | 25.0% |
| 48 | Glendale (21) | 18,642 | 4,634 | 24.9% | 24.4% | 16.2% | 35.0% |
| 3 | Holladay (27) | 35,956 | 4,570 | 12.7% | 11.7% | 8.5% | 15.9% |
| 54 | Kearns (29) | 42,995 | 10,581 | 24.6% | 25.7% | 21.1% | 30.8% |
| 53 | Magna (20) | 15,623 | 3,759 | 24.1% | 25.3% | 17.9% | 34.4% |
| 37 | Midvale (32) | 21,672 | 4,577 | 21.1% | 22.3% | 16.5% | 29.4% |
| 14 | Millcreek (26) | 44,008 | 7,534 | 17.1% | 17.5% | 13.9% | 21.8% |
| 29 | Murray (31) | 24,072 | 4,896 | 20.3% | 20.7% | 15.4% | 27.3% |
| 39 | Riverton/Drapers (39) | 41,391 | 8,796 | 21.3% | 22.4% | 17.8% | 27.8% |
| 60 | Rose Park (17) | 22,639 | 6,740 | 29.8% | 30.4% | 22.9% | 39.1% |
| 57 | Sandy Center (36) | 36,106 | 8,554 | 23.7% | 27.1% | 22.1% | 32.7% |
| 10 | Sandy, Northeast (37) | 18,245 | 2,810 | 15.4% | 15.8% | 10.7% | 22.8% |
| 12 | Sandy, Southeast (38) | 20,781 | 3,387 | 16.3% | 16.5% | 11.4% | 23.2% |
| 19 | South Jordan (35) | 20,931 | 4,172 | 19.9% | 18.2% | 13.5% | 24.0% |
| 31 | South Salt Lake (25) | 18,456 | 4,097 | 22.2% | 21.6% | 14.7% | 30.5% |
| 25 | Taylorsville (30) | 27,372 | 5,639 | 20.6% | 20.3% | 15.6% | 26.0% |
| 61 | West Jordan North (33) | 30,391 | 8,482 | 27.9% | 30.5% | 25.2% | 36.3% |
| 36 | West Jordan/Copperton (34) | 26,360 | 5,973 | 22.7% | 22.2% | 17.2% | 28.2% |
| 49 | West Valley East (23) | 35,527 | 8,807 | 24.8% | 24.5% | 19.0% | 31.0% |
| 58 | West Valley West (22) | 44,794 | 12,542 | 28.0% | 27.1% | 22.4% | 32.4% |
| | Southeastern Utah HD | 36,828 | 8,330 | 22.6% | 22.4% | 19.8% | 25.2% |
| 47 | Carbon/Emery Co. (56) | 21,451 | 5,174 | 24.1% | 23.8% | 20.7% | 27.2% |
| 22 | Grand/San Juan Co. (57) | 15,377 | 3,035 | 19.7% | 19.0% | 14.9% | 24.0% |
| | Southwest Utah HD | 116,150 | 20,977 | 18.1% | 18.2% | 15.9% | 20.8% |
| 30 | Cedar City (60) | 22,401 | 3,882 | 17.3% | 21.2% | 15.9% | 27.6% |
| 15 | Other Southwest District (61) | 15,384 | 2,980 | 19.4% | 17.6% | 12.5% | 24.0% |
| 24 | Other Washington County (59) | 32,503 | 6,582 | 20.3% | 20.0% | 15.4% | 25.6% |
| 13 | St. George (58) | 45,862 | 7,521 | 16.4% | 17.4% | 13.5% | 22.1% |
| 2 | Summit County HD (51) | 24,525 | 2,602 | 10.6% | 10.7% | 8.7% | 13.0% |
| 56 | Tooele County HD (40) | 32,458 | 8,407 | 25.9% | 25.8% | 23.1% | 28.7% |
| 52 | TriCounty HD (53) | 28,023 | 7,163 | 25.6% | 25.1% | 22.5% | 27.9% |
| | Utah County HD | 278,832 | 51,974 | 18.6% | 21.8% | 19.9% | 24.0% |
| 59 | American Fork/Alpine (42) | 26,819 | 6,968 | 26.0% | 27.3% | 21.3% | 34.2% |
| 8 | East Orem (46) | 14,955 | 1,937 | 13.0% | 15.0% | 9.3% | 23.4% |
| 43 | Lehi/Cedar Valley (41) | 18,752 | 3,692 | 19.7% | 22.6% | 16.5% | 30.1% |
| 41 | North Orem (44) | 25,965 | 5,209 | 20.1% | 22.5% | 17.1% | 29.1% |
| 46 | Pleasant Grove/Lindon (43) | 24,636 | 5,223 | 21.2% | 23.7% | 18.1% | 30.3% |
| 6 | Provo/BYU (47) | 39,401 | 4,669 | 11.9% | 14.4% | 9.3% | 21.4% |
| 50 | Provo South (48) | 48,138 | 8,183 | 17.0% | 24.8% | 18.0% | 33.1% |
| 44 | Springville/Spanish Fork (49) | 41,036 | 8,769 | 21.4% | 23.4% | 19.0% | 28.5% |
| 42 | Utah Co. South (50) | 17,363 | 3,815 | 22.0% | 22.5% | 16.6% | 29.8% |
| 7 | West Orem (45) | 21,774 | 2,474 | 11.4% | 14.6% | 9.1% | 22.4% |
| 18 | Wasatch County HD (52) | 12,514 | 2,304 | 18.4% | 18.1% | 15.5% | 21.1% |
| | Weber-Morgan HD | 148,702 | 30,038 | 20.2% | 20.2% | 18.1% | 22.5% |
| 35 | Ben Lomond (5) | 33,215 | 7,281 | 21.9% | 22.1% | 17.6% | 27.3% |
| 40 | Downtown Ogden (7) | 21,684 | 4,762 | 22.0% | 22.4% | 16.6% | 29.6% |
| 17 | Morgan/East Weber Co. (6) | 24,131 | 4,479 | 18.6% | 17.7% | 13.2% | 23.3% |
| 51 | Riverdale (10) | 15,522 | 3,798 | 24.5% | 24.9% | 18.7% | 32.3% |
| 23 | Roy/Hooper (9) | 27,898 | 5,401 | 19.4% | 19.3% | 15.0% | 24.6% |
| 9 | South Ogden (8) | 26,255 | 4,293 | 16.4% | 15.7% | 11.6% | 20.8% |

*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

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Figure 20.2: Obese by Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)



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Figure 20.3: Obese by Small Area, Wasatch Front Adults Aged 18+, 2001–2005 (Age-adjusted)

